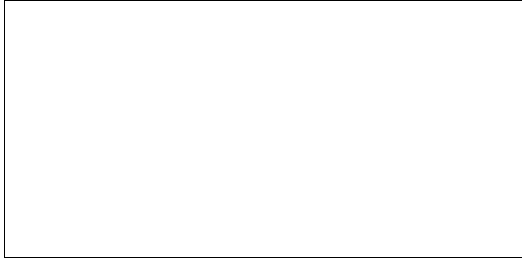


# Milton Keynes IVC

## July 2010



### Social Night:

*Friday 2nd 8:30 pm, The Fountain,  
Loughton*

### New Members Night:

*Wednesday 21st 8.30 pm, The Ship  
Ashore, Willen*

### Committee Night:

*Thursday 8th 8.00 pm, Gavin's*

## **Club News:**

Hi everyone.

Hope you're all enjoying the World Cup, especially now England have negotiated the group stages. I also hope members' teams from other parts of the world are fairing just as well. Don't forget you can enjoy the footie with good company at some IVC events - as plenty did at Lisa and Kevin's very successful musical party.

Summer is finally in full swing and to take advantage, July's bulletin has plenty of outdoor events to enjoy - including a Mediterranean themed BBQ with an intriguing and exotic sounding belly dancing taster, an orchestral concert in Campbell Park to satisfy cultural tastes, two dragon boat races - Kara is looking for an MKIVC team for the one in Bedford, as well as bike rides, runs and a wild adventure weekend in the Wye Valley.

Even the Around the World in 80 Tastes is going al fresco, taking part in the MK Festival World Picnic. This festival includes an extravaganza of free events including theatre, cookery demonstrations, dance and live music.

The venue for our summer 80's party on the 21st August is now confirmed at the Caldecotte Project in Simpson near the river and Caldecotte Lake, which has ample room and lovely grounds. We're providing a top quality buffet to suit most tastes and dietary requirements, an 80's disco till midnight, and as the highlight of the evening we have the top local band, the High Wires, playing just for us. Tickets should be on sale from the July club night, and to combat this 'age of austerity', we're rolling back the price to the 80's - to a mere tenner. So snap them up before they are all sold out!

Have a lovely, sunny July.  
Callum, MKIVC Chair.

[www.mkivc.org.uk](http://www.mkivc.org.uk)

For further details of an event please contact any member of the committee.

## July's Events

### Running & Walking Dates

Thursday

Book By

01/07/2010 -

Cost:

Location:

Bring:

Running & Power Walking – Thursdays, 7pm –  
July 1, 8, 15, 22, 29

Running – Sundays, 9:30am – July 18, 25

Thursdays meet at Gilly's house, 7pm. Running is around 7K, though if we have any 'beginners' we will also run a shorter route. Power walking in order of 5K.

Please note: power walking, so if you are into Nordic poles, that is good and feel free to come and join us.

Sundays is a morning event, 9:30am, and usually a longer run (10-12K) but we have a few people who are interested in coming along but for a shorter, 5K, circuit. I am happy to plan for both, but will need to know if you are coming along. There will be weekly reminders so you can decide on a week to week basis.

All Welcome, we adjust groupings to make sure everyone has at least one person with them, and you are challenged but not de-motivated ;-)  
Please let me know if you are going to be there (for any of them), thanks.

Gilly

### Non-Non-Book Club

Thursday

Book By

01/07/2010 - 8.30 pm

Cost:

Location: The Plough, Simpson

Bring:

Non-Non-Book club rides again! Come and join us for no books, no film adaptations, nothing but good company and good cheer!

Gilly

For further details of an event please contact any member of the committee.

### **Club Night**

**Friday**

**Book By**

**02/07/2010 - 8.30 pm**

Cost:

"I will not be there but someone from the committee will take your events"

Location: The Fountain, Loughton

Bring: Ideas and enthusiasm

**Manjeet**

### **Curry Night**

**Saturday**

**Book By 30/06/2010**

**03/07/2010 - 7.30 pm**

Cost: £15-£20

The Jalori is a small but tasteful Indian restaurant considered by some to be one of the best in the country! Why not come along and see if you agree.

Location: Jalori Woburn Sands

Bring:

Places limited.

**Christine**

### **Milton Keynes Orchestra Concert**

**Sunday**

**Book By 27/06/2010**

**04/07/2010 - 7.30 pm**

Cost: £14 to £23

If you have ever wondered what the Hovis commercial music sounds like in full, well now's your chance!

Location: Central MK

Bring: Your ears

The MKSO are playing Dvorak's New World Symphony on American Independence Day!

The concert also features Sibelius's evocative Finlandia and the enchanting second piano concerto by Shostakovich

**Andrew**

For further details of an event please contact any member of the committee.

## **Dragon Boat Racing and Festival**

**Sunday**

**Book By**

**04/07/2010 - 11.30 am**

Cost:

Location: Willen Lake

Bring:

Dragon boat racing is an ancient Chinese tradition and the fastest growing water activity in Britain today - as well as the most fun! Up to 16 people paddle each 40' boat with a drummer at the front beating time and a helm at the tail steering a straight course. No previous experience is required, just plenty of team spirit!

Gable Events has joined with Easycopiers for the second year to bring you the ninth spectacular Milton Keynes Dragon Boat Festival. The Festival is open to everyone and up to 60 crews are expected to battle it out over the 250m race course, watched by several thousand spectators.

Willen Lake offers a superb venue for racing and a fabulous day is guaranteed with bank side entertainment, music, food and fun activities for all the family.

Come along to this event if you can. I hope to be there from 11.30am onwards. Naturally if you wish to go earlier then you can.

**Kara**

## **Parks 'n' Run Broughton**

**Sunday**

**Book By**

**04/07/2010 - 9.45 am**

Cost:

Location:

Bring:

10:00am start.

A nice choice of 2K, 5K and 10K options with lots of like minded folks and a wibble wobbly bridge. Meet at the car park by the Broughton Fields School.

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Let me know if you are coming and your distance, please.

**Gilly**

For further details of an event please contact any member of the committee.

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## **Weekly Film Night**

**Book By**

Cost: About £4.75  
Location: Central MK  
Bring:

Come and watch the latest releases.

**Tuesday**

**06/07/2010 - T.B.C.**

**Louise**

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## **Camping in Essex**

**Book By**

Cost:  
Location: Essex  
Bring:

We'll probably base ourselves somewhere near Sudbury or Lang Melford - details to follow nearer the time.

Enjoy the wonderful villages with their pink and white houses, visit Audley End (English Heritage), explore the Roman town of Colchester, go antique shopping in Long Melford, or splash through the famous ford on your bike in Finchingfield.

**Friday**

**09/07/2010 - Fri to Sun**

**Cath**

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## **The High Wires**

**Book By**

Cost: Free  
Location: Fenny Stratford  
Bring: Beer money

Come and hear the band who will be playing at the MKIVC summer party.

The High Wires are playing at the Irish Centre in Fenny Stratford (opposite Dobbies garden Centre).

**Friday**

**09/07/2010 - 8.00 pm**

**Abby**

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## **Bicycling Pub Crawl**

**Book By**

Cost:  
Location: TBA  
Bring:

Two wheel transport powered by alcohol !  
An odyssey of pubs by bicycle.  
Details of where we go will be decided nearer the date.

**Saturday**  
**10/07/2010 - Daytime TBA**

**Gavin  
Andrew**

For further details of an event please contact any member of the committee.

## **Hughenden Manor 10k**

**Sunday**

**Book By**

**11/07/2010 - 9.30 am**

Cost: £15 to £18

Location: High Wycombe, HP14 4L

Bring:

This gently undulating course is a mixture of footpath, trails and wide mainly traffic free roads, taking in Hughenden Manor and the surrounding National Trust countryside.

This is also a charity run on behalf of NRAS (National Rheumatoid Arthritis) so we can do a team sponsorship if you like – let me know.

Entry is £15 in advance or £18 on the day. You can enter online through Runners World but that has a £2 processing fee.

See

<http://www.purplepatchrunning.com/races.php>  
to download the entry form.

We will arrange lift sharing to get there (and back).  
;-)

**Gilly**

## **Gardening Club**

**Sunday**

**Book By**

**11/07/2010 - 3.00 pm**

Cost:

Location: T.B.A.

Bring:

Is your garden in full summer bloom? A riot of colour and fragrant blossom? I'm hoping mine will be all that and more. ;-) How are the veggies growing? Come and view, chat and exchange.

Let me know if you are coming, thanks.

**Gilly**

## **Gourmet Non Book But Wine Drinking Club**

**Thursday**

**Book By**

**15/07/2010 - 8.30 pm**

Cost:

Location: The Plough, Simpson

Bring:

This is the night you can bring books, your opinions, and general literary knowledge ... or not! See what others have been reading, borrow if you want, and generally chat the night away. If the weather is delightful we will sit outside.

**Gilly**

For further details of an event please contact any member of the committee.

**MK Music festival**

**Book By 15/07/2010**

**Friday**

**16/07/2010 - TBA**

Cost: Your purchases

A fabulous opportunity to listen to lots of free bands in central Milton Keynes.

Location: CMK

Bring: Sunglasses, drink money and a brolly!

**Tracy**

**Abby**

For further details of an event please contact any member of the committee.

## **Dragon Boat Racing**

**Saturday**

**Book By**

**17/07/2010 - 10.30 am**

Cost:

Location: Bedford

Bring:

This is an ancient Chinese tradition and a fast growing water activity. Eleven people paddle each boat with a drummer at the front and a helm at the tail steering. No previous experience is required, just plenty of time and spirit!

The Dragon boats are here for the third time as a team competition. Over twenty crews are expected to battle it out over a 350 meter course along the picturesque. River Ouse home of the festival. This amazing site is a superb venue for the racing and a fantastic day is guaranteed with bank-side entertainment, music, food and activities for the whole family.

### **TIMES**

Saturday 17th July 2010. Heats from 10.30am to 3pm. Final to be held at 5.30pm.(times are approximate)

Dragon boats, helm and all racing equipment, at least 3 races per crew, trophies for winning crew and runner up, top mixed crew ( minimum 7 ladies) and best dressed crew and prize money for the winning crew of £500.

Each team must comprise of 11 paddlers plus a drummer, but recommend a minimum crew of at least 16. Each crew is guaranteed a minimum of 3 races (subject to weather conditions).

£295 entry fee per crew. Crews may have less than 16 people but there are no fee reductions for crews of less than 16.

Please note - non swimmers not allowed to participate.

Please use the attached link to find more information.

[Http://clk.atdmt.com/UKM/go/197222280/direct/01/](http://clk.atdmt.com/UKM/go/197222280/direct/01/)

For further details of an event please contact any member of the committee.

**Kara**

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### **Bar-B-Que Party**

**Sunday**

**Book By 17/07/2010**

**18/07/2010 - 4.00 pm**

Cost:

Come and spend a relaxing Sunday afternoon at Grant's Mediterranean themed 'Bar-B-Que'.

Location: Bletchley

Bring: Something to eat and drink

There will be a belly dancing taster session too!

**Louise  
Grant**

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### **Orkestra Del Sol at the Spiegelent**

**Tuesday**

**Book By 06/07/2010**

**20/07/2010 - 8.00 pm**

Cost: £15.50

Break up the week with madly modern, 'cracking good' Orkestra Del Sol at the Spiegelent.

Location: Campbell Park

Bring:

Tickets are £15.50 (including booking fee) and are available online at <http://www.ifmiltonkeynes.org/festival-programme/2010/07/20/orkestra-del-sol.html>.

Early booking needed to avoid disappointment. Let me know if you're coming by 19 July so we can arrange to meet up.

**Yvonne**

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### **New Members Night**

**Wednesday**

**Book By**

**21/07/2010 - 8:30 pm**

Cost:

Come along for a drink and a chat, with old friends and new members.

Location: The Ship Ashore

Bring:

Let's show prospective members what a vibrant and interesting club we are!

**Tracy**

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### **Comedy Club**

**Friday**

**Book By 04/07/2010**

**23/07/2010 - 7.30 pm**

Cost: £10

Including buffet food.

Location: Broughton Hotel

Bring:

Need to book in advance

**Lisa**

For further details of an event please contact any member of the committee.

## **One Wheel On My Wagon!**

**Book By 23/07/2010**

**Saturday**

**24/07/2010 - 2.00 pm**

Cost:

Location: Caldecotte Lake

Bring: Bike and beer money

Just thought that it might be a good fun to dust off the bike you all have hidden in the shed! We could then do a small venture round Caldecotte, with a stop for a beer at the end.

**Abby**

## **80 Tastes – World Picnic**

**Book By 22/07/2010**

**Sunday**

**25/07/2010 - 1.00 pm**

Cost:

Location: Campbell Park (exact spo

Bring: Picnic food and drink

It's summer so join us in our 'Around the World in 80 Tastes World Picnic'. We're going to take part in the Milton Keynes Festival 'World Picnic' where we're going to picnic in style and wow them with our amazing ethnic feast, winning the prize for the most diverse range of multicultural culinary delights.

The festival has organised a host of free events, theatre performances, entertainment, cookery demonstrations, dance and live music from around the world. So it's going to be an enthralling fun filled afternoon.

We plan to meet at 1 pm where we'll kick off the picnic by observing the festival's bread breaking ritual to celebrate different cultures. Once again your passport to entry is to bring a home cooked, shareable foreign dish - be it light bites, main dish or dessert.

When you book, it would be helpful if you could have thought about what you'd like to bring (we can help with suggestions if you are struggling). Drinks are BYO.

**Ken  
Clare**

For further details of an event please contact any member of the committee.

## Wye Adventure

Wednesday

**Book By**

**28/07/2010 - Wed to Sat**

Cost: £10/person/night (adult)

Location: Symond Yat

Bring: Stamina!!

Camp on the Wye at Symonds Yat or Welsh Bicknor for 3 nights. Location TBA depending on group's availability. Expectation is that most will only be at camp during the evening.

Day 1 - Scramble at Symonds Yat Gorge hike on Thurs 29th Jul 10:00-16:00.

Pathfinder hike either from the top of Symonds Yat rock down to the rapids (130m/1km) and back, or vice versa, depending on our base. Will involve scrambling over loose ground and possibly ropes aids. We can also stop for lunch in Symonds Yat town.

Day 2/3 - Two day canoe trip from Ross-on-Wye to Redbrook (24 miles)

on Fri 30th Jul 10:00 (sharp) - Sat 31st Jul 16:00.

Cost: £30/person. A gentle paddle downstream through one of the most scenic parts of the Wye, stopping for a picnic lunch on the banks.

Overnight stop at base camp in Symonds Yat, followed by second day of paddling through the even more scenic Symonds Yat gorge, navigating the rapids, with further picnic stops.

Kids welcome (4yrs+ on the canoes).

Book by: ASAP

**Yuri**

For further details of an event please contact any member of the committee.

## **Open Air performance of Romeo and Juliet**

**Friday**

**Book By**

**30/07/2010 - 6.30 pm**

Cost: £7 (£5 kids £20 family)  
Location: Campbell Park Pavilion  
Bring: Picnic, blanket and  
maybe a kagool

A great opportunity to see Romeo and Juliet produced by the theatre company Illyria, whose aim is to make Shakespeare accessible and fun.

Critics' Choice at the Edinburgh Fringe Festival. See <http://www.illyria.uk.com/index.htm> for more info.

We'll meet an hour early to set up our picnic spot ready for a 7.30 pm start.

You can buy tickets on 01908 233 600 or at Milton Keynes Theatre. Book soon as tickets will sell out quickly.

**Clare**

## **Incurably Curious?**

**Saturday**

**Book By 26/07/2010**

**31/07/2010 - 10.30 am**

Cost:  
Location: Euston Road, London  
Bring: Curiosity!!

The Wellcome Collection.

I have walked past this place many times and wondered what it was about. Now I know, it is for the incurable curious ... weird and wonderful collections e.g. 70 wooden legs. ;- ) There are exhibition galleries, events, cafe, bookshop, and the world famous Wellcome Library.

There is a 'Skin' exhibition and 'Medicine Man' collection during July. See <http://www.wellcomecollection.org>

The Wellcome Collection is open 10.00-18.00, so I suggest we browse, have lunch and browse again. ;- )

Cost: Wellcome is Free so just (group) rail fare and lunch

**Gilly**

For further details of an event please contact any member of the committee.

### **Wine tasting**

**Book By 29/07/2010**

Cost: £12  
Location: Callum's  
Bring:

**Saturday**

**31/07/2010 - 8.00 pm**

Yet another chance to sample and compare some white and red wines - hopefully in the garden.

Slight increase in cost to cover slightly more expensive wines.

Usual Format. 100% of money is spent on the wine - one bottle per person.

**Callum**

## ***Future Events***

### **Gardening Club Outing**

**Book By 25/07/2010**

Cost:  
Location: Biddulph Grange Gard  
Bring:

**Sunday**

**01/08/2010 - 10.30 am**

Let's have a trip out and see a range of garden designs all in one place. This amazing Victorian garden was created by James Bateman for his collection of plants from around the world. A visit takes you on a global journey from Italy to the pyramids of Egypt, a Victorian vision of China and a re-creation of a Himalayan glen.

The garden features collections of rhododendrons, summer bedding displays, a stunning dahlia walk in late summer, and the oldest surviving golden larch in Britain.

It is open 11:00am to 5pm.

[Http://www.nationaltrust.org.uk/main/w-biddulphgrangegarden](http://www.nationaltrust.org.uk/main/w-biddulphgrangegarden)

Cost £7.00 Adults, £3.50 children. Plus afternoon tea and petrol contribution

**Gilly**

For further details of an event please contact any member of the committee.

## **The Long Way Up**

**Saturday**

**Book By**

**07/08/2010 -**

Cost:

Cycling from Land's End to John O'Groats.

Location: UK mainland

Bring:

An IVC opportunity to bring clubs together while improving the profile of IVC, raising money for charity and achieving individual personal goals.

Help the Heroes is the charity and we will have a target to raise £50,000.

Cyclists and visitors from all clubs will be able join in the tour en route. Clubs will be notified with the times and places to meet the team. The trip would involve passing as many IVC as possible. Plymouth, Birmingham, Exeter, North Staffs, North Lancs, South Somerset, Border & Lakeland, Bristol and Bath IVC, Edinburgh Socialites, Gloucestershire.

Altogether, 20 cyclists will be taking part, with a 5 person support team. Logistically this is the maximum due to transport and accommodation restrictions.

Club: Birmingham IVC Ltd.

Organiser: Peter Howe, 07944 880722

Through Donna.

**Donna**

## **Banger Racing**

**Sunday**

**Book By**

**08/08/2010 - 1.30 pm**

Cost: £12

Location: Brafeld, Northampton

Bring: A Picnic!

See a few cars bang into each other, along with a few other races - stock car etc at Northampton International Raceway.

**Philip**

For further details of an event please contact any member of the committee.

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### **Bearbrook 10k**

**Sunday**

**Book By**

**08/08/2010 - 10.00 am**

Cost: Unaffiliated in advance  
Location: Aylesbury HP22 5RN  
Bring:

This popular race, which starts and finishes at Aylesbury Rugby FC in Weston Turville, is a town and rural course which is gently undulating but has a good PB potential.

550 entrants limit.

Let me know if you are interested.

**Gilly**

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### **MKIVC 80's Summer Party**

**Saturday**

**Book By**

**21/08/2010 - 7.00 pm**

Cost: £10  
Location: Caldecotte Project, Sim  
Bring: Your own booze

Brush off those shoulder pads, perm or mullet your hair, turn up your jacket sleeves, practice your Rubik's Cube technique and get in the mood for the 80's.

This packed night will feature the High Wires - one of the best local bands around, as well as an 80's disco, a top quality buffet and a Buck's Fizz on arrival.

We're even turning the clock back for the ticket price, to a credit crunch friendly tenner.

Tickets will be available soon.

**Tracy  
Callum**

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### **Bank Holiday Camping, Peak District**

**Friday**

**Book By**

**27/08/2010 - Fri to Mon**

Cost:  
Location: Peak District  
Bring:

Located in the Buxton area (site details to be confirmed later), there's lots to visit or do: we can choose one of the walking/cycling trails, visit Buxton itself, see Chatsworth House, visit show caves, walk the famous Dovedale valley, or just enjoy a good book at the campsite.

**Cath**

For further details of an event please contact any member of the committee.

## **Robin Hood Half Marathon**

**Sunday**

**Book By**

**12/09/2010 - 9.00 am**

Cost:

Location: Nottingham

Bring: Running shoes

The Robin Hood Half Marathon is one of the most scenic city centre races in the UK: fast road sections are mixed with deer parks and the university campus to produce a unique road race.

To find out more about the event please go to [www.experianfestivalofrunning.co.uk](http://www.experianfestivalofrunning.co.uk)

If you are interested, please let me know ASAP as we have to apply and then see if we get a place.

**Gilly**

For further details of an event please contact any member of the committee.

## **Exposed - Voyeurism!**

Book By 09/08/2010

**Saturday**

18/09/2010 - 10.30 pm

Cost: £10

Location: Tate Modern

Bring:

Surveillance and the Camera.

I appreciate this seems a little early for a September event, but a visit to the Tate Modern is always good, and I heard a review of this exhibition last week which piqued my interest.

On the website it says, "Exposed offers a fascinating look at pictures made on the sly, without the explicit permission of the people depicted. With photographs from the late nineteenth century to present day, the pictures present a shocking, illuminating and witty perspective on iconic and taboo subjects."

Finding a date wasn't so easy but it is on until October 3rd.

I suggest we have an early lunch and then browse the exhibitions at leisure, late afternoon cup of tea and home ... sound good?

Tickets are £10 unless you are a member. I am happy to book as a group and collect money back. I am assuming a month is enough lead time to get tickets.

Plus budget for (group) rail fare and lunch.

Gilly

## **Banana Man Chase**

Book By

Cost: £15 entry fee

Location: Willen

Bring:

**Sunday**

03/10/2010 - 10.30 am

How many bananas can you lap? A great fun race around Willen.

See <http://www.bananman10K.com>

Let me know if you are interested, and we can be Team MKIVC!

Gilly

For further details of an event please contact any member of the committee.

[www.mkivc.org.uk](http://www.mkivc.org.uk)

For further details of an event please contact any member of the committee.

## *The Committee*

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*IVC Nationwide*

WWW.IVC.ORG.UK

Contributions and comments to the MKIVC bulletin are always welcome, although as space is limited, articles may be edited to fit. Please forward any contributions or additional events typed and e-mailed if possible to the bulletin editor by the Friday following club Night

All enquiries regarding membership should go to the membership secretary including changes to your address and contact details. Please note the Bulletin Editor does just that, and does not influence who gets a bulletin or where it is sent to!

[www.mkivc.org.uk](http://www.mkivc.org.uk)